



Pediatric Mental Health Services

The Pediatric Mental Health Institute (PMHI) at Children's Hospital Colorado provides high quality, evidence-based mental health services to children, adolescents and their families in the Rocky Mountain region. We focus on family-centered, youth-focused services to improve mental health outcomes.

1 Anschutz Medical Campus (Aurora, CO)

MENTAL HEALTH SERVICES

Anxiety Intensive Outpatient Program - Teen	Ages 13 - 17
Comprehensive Dialectical Behavior Therapy	Ages 13 - 17
Eating Disorders Program	Ages 6 - 17
Medical Day Treatment Program	Ages 7 - 17
Neuropsychiatric Special Care Partial Hospitalization Program - Child	Ages 4 - 12
Neuropsychiatric Special Care Partial Hospitalization Program - Teen	Ages 13 - 17
Partial Hospitalization Program - Child	Ages 6 - 12
Partial Hospitalization Program - Tween	Ages 11 - 14
Partial Hospitalization Program - Teen	Ages 15 - 17

INDIVIDUAL AND GROUP THERAPY

Anxiety Cognitive Behavior Therapy Group - Teen	Ages 13 - 17
Building and Sustaining Exposures Group	Ages 12 - 17
Collaborative Coping Group	Ages 8 - 12
Unstuck and On Target Group - Middle School	Ages 11 - 13
Unstuck and On Target Group - Youth	Ages 8 - 11
Individual and Family Therapies	Ages 17 & under

2 Children's Colorado Health Pavilion (Aurora, CO)

MENTAL HEALTH SERVICES

Comprehensive Dialectical Behavior Therapy	Ages 13 - 17
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INDIVIDUAL & GROUP THERAPY

Individual and Family Therapies	Ages 17 & under
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3 Therapy Care, Highlands Ranch (Highlands Ranch, CO)

MENTAL HEALTH SERVICES

Anxiety Intensive Outpatient Program - Child	Ages 8 - 12
Comprehensive Dialectical Behavior Therapy	Ages 13 - 17

INDIVIDUAL & GROUP THERAPY

Defeat Anxiety, Rock Exposures Group	Ages 8 - 12
Unstuck and On Target Group - Youth	Ages 8 - 11
Individual and Family Therapies	Ages 17 & under

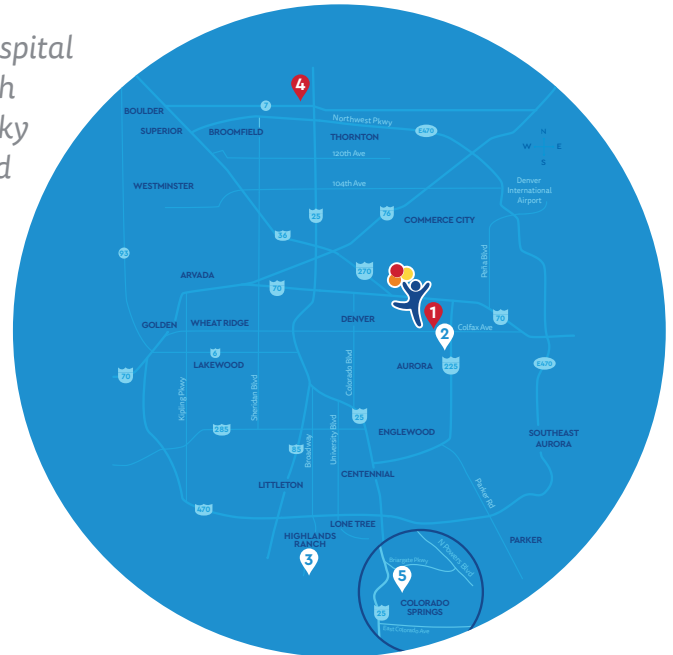
4 North Campus, Broomfield (Broomfield, CO)

MENTAL HEALTH SERVICES

Comprehensive Dialectical Behavior Therapy	Ages 13 - 17
Partial Hospitalization Program - Tween	Ages 11 - 14
Partial Hospitalization Program - Teen	Ages 15 - 17

INDIVIDUAL & GROUP THERAPY

Individual and Family Therapies	Ages 17 & under
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Key services offered continued

5 Therapy Care on Telstar

(Colorado Springs, CO)

MENTAL HEALTH SERVICES

Comprehensive Dialectical Behavior Therapy Ages 13 - 17

Partial Hospitalization Program - Child Ages 6 - 12

Partial Hospitalization Program - Tween Ages 11 - 14

Partial Hospitalization Program - Teen Ages 15 - 17

INDIVIDUAL & GROUP THERAPY

Individual and Family Therapies Ages 17 & under



Virtual

GROUP THERAPY

AFFIRM Cognitive Behavioral Therapy Group Ages 11 - 14

AFFIRM Cognitive Behavioral Therapy Group Ages 15 - 17

AFFIRM Group - Caregiver Caregivers to ages 17 & under

Autism Spectrum Disorder Group - Caregiver Caregivers to ages 7 - 14

Autism Spectrum Disorder Group - Teen Ages 13 - 17

Challenging Behaviors Brief Behavioral Parenting Group - Caregiver Caregivers to ages 3 - 7

Challenging Behaviors Brief Behavioral Parenting Group - Spanish Speaking Caregiver Caregivers to ages 3 - 7

Collaborative Coping Group - Caregiver Caregivers to ages 8 - 12

Unified Protocol Group - Child Ages 7 - 12

Unified Protocol Group - Teen Ages 13 - 17

Unstuck and On Target Group - Caregiver Caregivers to ages 8 - 11



To make a referral or for more information:

720-777-6200

childrenscolorado.org/MentalHealthCare

Mental Health Resources

Updated Feb. 7, 2025

Children’s Hospital Colorado has compiled the following list of services and resources that may be helpful for you. By providing this list, we are not endorsing any of these organizations. This list has been compiled by gathering information from multiple sources and the descriptions below are taken from those sources’ respective websites and social media. Please do your own research and make your own decisions regarding which organization, if any, you may want to contact. Many of our patients and families have told us that establishing ties and relationships with other community members helps build a sense of security and safety, and knowing what nationwide resources exist can also be useful.

If you or your child needs emergency assistance, please dial 911 or go to the nearest emergency room.

Resources provided within this document include:

Resource Type	Page
General Suicide/Crisis Supports	1
LGBTQ-specific Suicide/Crisis Supports	2
Intensive Outpatient Programs (IOPs) and Partial Hospitalization Programs (PHPs)	2-3
Individual Therapy Providers	3
Drop-In Spaces	3-4
Walk-In Centers	5-6

GENERAL SUICIDE/CRISIS SUPPORTS

988 Suicide & Crisis Lifeline

- Call 988 to reach the Suicide & Crisis Lifeline. 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Colorado Crisis Services

- Call: 1-844-493-TALK (8255)
- Text: Text “Talk” to 38255 (text or call available 24hrs/day, every day)
- Online Chat: coloradocrisiservices.org (4pm-12am, 7 days/week)
- All services are free and provide immediate contact with a trained professional
 - If individual is at risk of a medical crisis or physical harm, call 911

If it is determined to be the best intervention, a Mobile Crisis Clinician may come to you. This would be determined by calling the hotline (1-844-493-8255)

LGBTQ-SPECIFIC SUICIDE/CRISIS SUPPORTS

The Trevor Project

- Website: <https://www.thetrevorproject.org/get-help/>
- Call: Call 1-866-488-7386. Crisis intervention and suicide prevention phone service for LGBTQ+ youth available 24/7/365.
- Text: Text START to 678-678. Confidential text messaging with a Trevor counselor, available 24/7/365
- Chat: Confidential online instant messaging with a Trevor counselor, available 24/7. Access through a computer, as you may have technical difficulties if using a smartphone or tablet.

Trans Lifeline

- Website: <https://translifeline.org/>
- Call (877) 565-8860. Suicide prevention helpline for trans youth, staffed by trans people.

IOP and PHP PROGRAMS

Provider Name	Website	Contact Number	Location(s)	Age Range Served	Accepted Insurance
Alis Behavioral Health	https://www.alisbh.com/	888-366-3379	Denver Metro	Ages 11 - 17	<ul style="list-style-type: none"> • Commercial • Medicaid
Centennial Peaks Hospital	https://centennialpeaks.com/	303-665-4170	Louisville	Ages 13 - 17	<ul style="list-style-type: none"> • Commercial • Medicaid
Charlie Health	https://www.charliehealth.com/	640-206-1596	Virtual	Ages 11+	<ul style="list-style-type: none"> • Commercial • Medicaid
Denver Springs	https://denversprings.com/child-adolescent/	720-643-4300	Denver Metro	Ages 13+	<ul style="list-style-type: none"> • Commercial • Medicaid • Medicare • TriWest
Embark Behavioral Health	https://www.embarkbh.com/	757-403-0528	Denver Metro	Ages 12 - 18	<ul style="list-style-type: none"> • Commercial
HealthOne Behavioral Health	https://www.healthonecares.com/locations/healthone-mental-health-and-wellness-center/specialties/mental-health-and-wellness/adolescent-mental-health-and-wellness	303-360-3736	Denver Metro	Ages 12 - 18	<ul style="list-style-type: none"> • Commercial • Medicaid • Medicare
Highlands Behavioral Health	https://highlandsbhs.com/	720-348-2816	Highlands Ranch	Ages 11 - 18	<ul style="list-style-type: none"> • Commercial • Medicaid • Medicare • TriWest
Imagine by Northpoint	https://www.denverimagine.com/	970-444-4857	Denver and Fort Collins	Ages 12 - 17	<ul style="list-style-type: none"> • Commercial • Medicaid • TriWest

Pathlight Mood and Anxiety	https://www.pathlightbh.com/treatment-centers/colorado	1-866-331-6270	Denver and virtual	Ages 12 - 18	<ul style="list-style-type: none"> Commercial Medicaid
Rogers Behavioral Health	https://rogersbh.org/locations/denver-co/	833-308-5887	Englewood	Ages 6 - 17	<ul style="list-style-type: none"> Commercial TriWest
Sandstone	https://www.sandstonecare.com/colorado/	720-496-1982	Various across Colorado	Ages 13 +	<ul style="list-style-type: none"> Commercial

INDIVIDUAL THERAPY PROVIDERS

Provider Name	Website	Contact Number	Location(s)	Age Range Served	Accepted Insurance
Aspen Ridge Mental Health	https://aspenridgemh.com/aspenn-ridge-mental-health-colorado/	855-626-4244	Denver Metro	Ages 5 - 17	<ul style="list-style-type: none"> Commercial Medicaid Medicare
Decade2Connect	https://decade2connect.org/	303-674-5660	Golden	Ages 5 - 17	No
Ellie Mental Health	https://elliementalhealth.com/locations/	<ul style="list-style-type: none"> City Park: 720-500-8316 Centennial: 720-706-2957 DTC: 720-706-1944 	Various across Colorado	Ages 4+, varies by location	<ul style="list-style-type: none"> Commercial Medicaid Medicare TriWest
Family Care Center	https://fccwellbeing.com/clinic-locations/colorado/	720-790-3366	Various across Colorado	All ages	<ul style="list-style-type: none"> Commercial Medicare TriWest
LifeStance	https://lifestance.com/location/state/colorado/	888-374-5066	Various across Colorado	All ages	<ul style="list-style-type: none"> Commercial Medicare TriWest
National Mental Health	https://nationalmentalhealth.com/	720-310-2773	Virtual	All ages	<ul style="list-style-type: none"> Commercial Medicaid
SonderMind	https://www.sondermind.com/	N/A	Virtual	All ages	<ul style="list-style-type: none"> Commercial

DROP-IN SPACES

Four Corners Rainbow Youth Center

- **Website:** <https://www.rainbowyouthcenter.org/>
- **Location:** Durango, address unlisted for safety, but can be identified through reaching out via telephone (970-903-8595) or email (info@rainbowyouthcenter.org)
- **Programs:**

- Rainbow Youth Rising - Drop-in space providing snacks, games, and opportunities to connect with peers in a welcoming and nonjudgmental environment. Open to LGBTQ+ **middle and high school ages, every Monday 4pm-7pm.**
- Tea Time - Drop-in space for transgender and gender-diverse youth **middle and high school ages. Every Wednesday 4pm-6pm.**

Inside Out Youth Services

- Website: <https://insideoutys.org/home-2/youth-programs/>
- Location: In-person located at 516 W. Colorado Ave in Colorado Springs
- Programs:
 - Drop-in hours help 3pm-5pm, Tuesday-Friday for youth ages 13-24. All programs have a hybrid option.

Q Chat Space

- Website: <https://www.qchatspace.org/>
- Location: virtual
- Programs:
 - Online Community for LGBTQ+ Teens - “Chat with like-minded peers in live chats designed for you & by you, facilitated by folks who care.”

Rainbow Alley

- Website: <https://lgbtqcolorado.org/programs/rainbow-alley/>
- Location: The Center on Colfax, 1301 E. Colfax Ave, Denver, CO 80218
- Programs:
 - Rainbow Alley Drop-In - According to their website, it’s a “A safe, brave space where LGBTQ+ youth **ages 10-17** and their allies find support and acceptance.” Drop-in programming consists of activities, community building, referrals, and resources in a warm and welcoming environment, **every Wednesday & Thursday, 4pm-7pm.**

Rocky Mountain Equality

- Website: <https://www.rmequality.org/>
- Location: Boulder and Fort Collins - location addresses listed here: <https://www.rmequality.org/about/contact>
- Programs:
 - Middle School Group - Weekly drop-in space for things such as discussion, advice, board games, movies, and video games. According to their website, “This is a safe space to try new clothes, pronouns, names, and ask questions about being LGBTQ+”. **Mondays from 5pm-7pm**, located at 3340 Mitchell Ln, Boulder, CO 80306
 - High School Group - Weekly drop-in space to socialize, build community, and express yourself through writing, drawing, painting, performing, and more. **Wednesdays from 5pm-7pm**, located at 3340 Mitchell Ln, Boulder, CO 80306
 - Queer and Trans Young Adult Group - Drop in space for LGBTQ+ young adults **ages 18-24** to play games, make crafts, learn “adulthood” skills, socialize, build community, and more. **Held on 2nd and 4th Tuesday of every month from 6pm-8pm**, located at 3340 Mitchell Ln, Boulder, CO 80306
 - Longmont Queer and Trans Youth Group - Peer support group for LGBTQ youth **ages 12-18**, which brings in community speakers, does small group activities, organizes social events, provides art activities, and more. **Thursdays 4:30pm-6:30pm**, located at 515 Coffman St., Longmont, CO.

SPLASH Youth of Northern Colorado

- Website: <https://splashnoco.org/>
- Location: Northern Colorado
- Programs:
 - Rainbows Rising - LGBTQ+ meetup for youth ages 11-17. Saturdays at 3:30 at the “Prism Palace”, located 120 w. Saturn, Fort Collins.
 - Queer YA - LGBTQ+ young adults ages 16-24. RSVP at splashnoco.org/queerya
 - Peer Support - Saturdays 6pm-8pm, located at 120 w. Saturn, Fort Collins.

- Family Dinner Nights - Sundays 6pm-8pm

Transgender Center of the Rockies NXT program

- Website: https://cyl.galaxydigital.com/agency/detail/?agency_id=138691#
- Location: Transgender Center of the Rockies, 3460 S. Federal Blvd, Sheridan, CO 80110
- Programs:
 - According to their website, “The NXT program is a safe space for queer and transgender teens and young adults, which fosters healthy relationships, encourages authentic expression, helps develop support system, and builds community.” Drop-in hours dependent on age; all are located at.
 - Ages 12-15: Held Mondays 4pm-6pm
 - Ages 15-17: Held Thursdays 4pm-6pm
 - Ages 18-22: Held Wednesdays 5pm-7pm

WALK-IN CENTERS

- Available 24-hours/day, every day unless otherwise noted**
- Services provided regardless of ability to pay
- Only hands-off interventions -- cannot receive help if child is physically aggressive
- Visit walk-in centers during a time of calm as a preventative measure. You can ask for a tour and familiarize yourself with staff and the environment.

Metro Denver Region

Name	Address	Hours
Aurora Walk-In Center	2206 Victor Street, Aurora, CO 80045	24 hours/day, every day
Boulder Walk-In Center	3180 Airport Road, Boulder, CO 80301	24 hours/day, every day
Denver Walk-In Center	4353 E. Colfax Avenue, Denver, CO 80220	24 hours/day, every day
Littleton Walk-In Center	6509 S. Santa Fe Drive, Littleton, CO 80120	24 hours/day, every day
Westminster Walk-In Center	2551 W 84th Avenue, Westminster, CO 80031	24 hours/day, every day
Wheat Ridge Walk-In Center	4643 Wadsworth Blvd, Wheat Ridge, CO 80033	24 hours/day, every day

Northeast Region

Name	Address	Hours
Fort Collins Walk-In Center	1217 Riverside Ave, Fort Collins, CO 80524	24 hours/day, every day
Greeley Walk-In Center	928 12th Street, Greeley, CO 80631	24 hours/day, every day

Southeast Region

Name	Address	Hours
Colorado Springs Walk-In Center	115 S Parkside Drive, Colorado Springs, CO 80910	24 hours/day, every day
Colorado Springs North** Walk-In Center	6071 E Woodmen Rd Suite 135, Colorado Springs, CO 80923	Monday-Friday 8am-8pm; Saturday-Sunday 9am-5pm
Pueblo Walk-In Center	1310 Chinook Lane, Pueblo, CO 81001	24 hours/day, every day

Western Slope Region

Name	Address	Hours
Alamosa** Walk-In Center	311 San Juan Ave, Alamosa, CO 81101	8am-5pm every day
Alamosa South** Walk-In Center	2255 Lava Lane, Alamosa, CO 81101	5pm-8am every day
Grand Junction Walk-In Center	515 28 3/4 Road, Grand Junction, CO 81501	24 hours/day, every day